

Arkansas

Spinal Courier

Vol. 1 No. 3 A Publication of the Arkansas State Spinal Cord Commission January, 1990

FALL FOLIAGE AND FISHING FESTIVAL A SUCCESS

Arkansas citizens as young as two years old attended an outing at DeGray State Park hosted by the Arkansas State Spinal Cord Commission office in Hot Springs. The Hot Springs office services five counties: Garland, Montgomery, Clark, Hot Spring and Pike.

Bettie Tapp of Hot Springs, Case Manager for ASSCC, worked jointly with Dr. Mark Jumper, a physician at the Hot Springs Rehabilitation Center and Dickie Brown, a marina manager at DeGray State Park, in coordinating the event.

Activities at the Fall Foliage and Fishing Festival included a cookout, boating and fishing. Glynda Prior, naturalist for the Arkansas Department of Parks and Tourism, gave a program on wildlife at DeGray State Park, using a live "dis-



Dickie Brown (l), Terri Campbell (c), Bettie Tapp (r)

play" of opossums. Brown coordinated activities, including a barge tour of the lake, and made sure all activities were accessible by wheelchair or three-wheeler. He also invited the group to return during the January Eagles Et Cetera Weekend which celebrates the migration of bald and golden eagles to DeGray Lake. Brown said an accessible trail tour is available.

National Medical Rental of Hot Springs and United Medical of Little Rock provided food and beverages for the cookout with representatives from both firms attending.

Special guests were Cheryl Vines of Little Rock, ASSCC director; Patti Rogers of Little Rock, ASSCC field supervisor; Bob Sipe of Hot Springs, county administrator for the Department of Human Services; and Dr. Ferral Endsley of Little Rock from University of Arkansas Medical Center, Department of Rehabilitation Medicine.

Commission Sets 1990 Goals

The mission of the Arkansas State Spinal Cord Commission is to administer a statewide program to identify and meet the unique needs of people with spinal cord disabilities.

The Commission's goals for 1990 include:

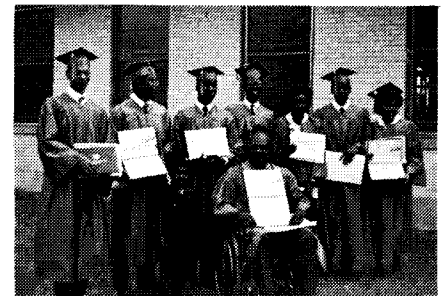
1. Maintain a comprehensive registry of all persons with spinal cord disabilities in the state.
2. Develop and implement a comprehensive educational program on

the unique medical, psychological, physical and daily living needs of people with spinal cord disabilities.

3. Establish and maintain a resource information center on equipment, supplies, research and innovations.

4. Determine unmet needs of our clients and develop and identify programs/resources to meet them.

See Goals on page 2



Edward Dixon Graduates

Edward Dixon of Strong, Arkansas, graduated from Southern Arkansas Technical College in May, 1989 with a Computer Maintenance Technician degree. A paraplegic since a 1984 motorcycle crash, Edward also studied for his GED at SAU and drove about 50 miles to school each day. Edward is currently exploring employment opportunities in the area. Congratulations Ed!

Arkansas *Spinal Courier*

Published bi-monthly by
Arkansas State
Spinal Cord Commission

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Published in cooperation with the Arkansas Department of Human Services, Division of Children and Family Services, Child Protective Service Unit.

Goals from page 1

5. Research the specialized medical needs, issues, services and other healthcare resources available to spinal cord disabled people and make recommendations for change.

6. Identify additional funding sources to access monies for provision of client services, research and innovative program development.

7. Promote prevention education to decrease incidence of spinal cord injury in Arkansas.

8. Identify and network with other agencies to coordinate services and resources and to advocate for the needs of people with spinal cord disabilities.

9. Document and maintain the history and ongoing development of the Spinal Cord Commission.

10. Develop a sound organizational management system to promote efficient operations.

11. Conduct and disseminate results of research and statistical analysis of spinal cord injury and its unique problems.

12. Implement an ongoing marketing program for the Spinal Cord Commission.

BOWEL MANAGEMENT by Shirley McCluer, MD

Loss of bowel control is more of a social problem than a serious medical problem so it is usually of more concern to the patient than it is to the doctor. There is no magical formula to guarantee good bowel control.

Each individual is different and must learn what works and doesn't work for him. After a careful trial and error period, it is possible for most individuals with spinal cord injury, to establish a regular routine of bowel management with only an occasional "accident". To achieve this requires:

1. Regular eating habits.
2. Adequate fluid intake.
3. High fiber diet (or a fiber supplement such as unprocessed bran, bran cereals, Metamucil, etc.).
4. Scheduled bowel emptying at the same time of day. This could be daily, every other day, or every 3rd day but should not be less often than every 3rd day.
5. Position. Whenever possible, bowel emptying should be done in the sitting position rather than lying so that gravity can assist.
6. Some mechanism to stimulate bowel emptying at the desired time.

There are a number of techniques that may be used, such as:

- Dulcolax suppository
- Therevac mini-enema

- Digital stimulation
- Fleet's enema

As a general rule, enemas should not be used on a routine basis.

The Therevac mini-enema is a new product (not really an enema because it only contains about 1 tsp. of liquid) which is very effective for most individuals. If you have not tried it and are interested, contact your pharmacist or your case manager for more information.

It must be recognized that a well regulated bowel program is never the same as normal bowel control.

Any time the patient has diarrhea he will have an "accident". Diarrhea could be due to laxatives (which should not be used), certain food intolerances, "flu", etc.

The only type of person who will always have a problem is the person who gets diarrhea when under any kind of stress or pressure. This is not caused by the spinal injury (it would have been present before injury) but can create a major problem. Often the fear of having an "accident" is all the stress it would take to have one. In severe cases a colostomy may be the only solution.

If you have any further questions about bowel management, please write to:

AR State Spinal Cord Commission
Attn: Medical Director
Medical Arts Building, Suite 207
1120 Marshall Street
Little Rock, Arkansas 72202



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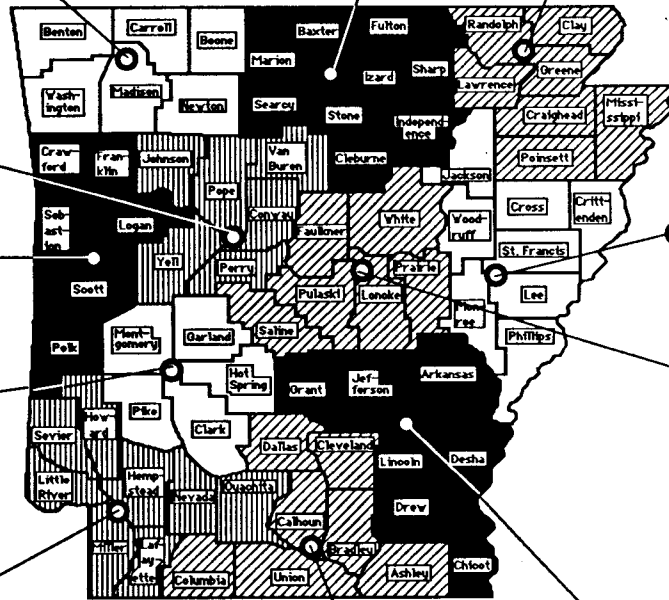
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Arkansas State Spinal Cord Commission Members

The Arkansas State Spinal Cord Commission was established by Act 311 of 1975. It is governed by a consumer board. Our legislation states that to serve on the Commission, an individual must:

- 1.) be spinal cord injured
- 2.) have an immediate family member with spinal cord injury or
- 3.) have special knowledge and involvement with those with spinal cord injuries.

Five members serve 10 year terms on the Commission. The present five members make up a diverse, hardworking, effective Commission who set policy for our agency.

Jane Smith of Birdeye, Arkansas is presently the Chair of the Commission. Mrs. Smith was the key

person who fought to get the Commission established in 1975 due to her own experiences with a quadriplegic mother. Serving a second term with the Commission, Mrs. Smith is a "crusader" for specialized medical care for people with spinal cord injury.

Russell Patton of Jonesboro is a quadriplegic, injured in a motor vehicle accident in 1974. Mr. Patton is a CPA and serves as County Treasurer for Craighead County.

Glennis Sharp of North Little Rock is a paraplegic injured in a motor vehicle accident in 1979. He runs his own business and flies his own airplane in his free time.

Sloan Lessley of Calico Rock is a paraplegic injured in a fall in 1964. Mr. Lessley is an Aquatics

Resources Biologist with the Arkansas Game and Fish Commission and an outdoorsman.

James Gary of Pine Bluff has a 4-year-old daughter who has Spina Bifida. Mr. Gary is an attorney with a specialty in labor law.

Referrals Required by Law

Arkansas Act 330 of 1977 requires "every public and private health and social agency and attending physician" to report any spinal cord disabled individual to the Commission with five days of identification. The report should contain the name, age, residence and type of disability of the individual. Report can be made to any ASSCC Case Manager or to the Little Rock office.

SPINAL CORD COMMISSION RECEIVES NEW GRANT

Susan Harris, Special Projects Chairperson with the Arkansas Rehabilitation Association, has informed the Commission that the Little Rock Office has been awarded one of two grants offered by the Association.

ASSCC Case Manager Martha Henderson wrote the proposal and will supervise the grant. Funds received from this grant will be used to assist clients with transportation to attend a support group that meets weekly.

The Arkansas Rehabilitation Association is affiliated with the National Rehabilitation Association. The Commission will match this grant with equal funding to enable more people to participate in the group.

Game and Fish Approves Disabled Lifetime License

The Arkansas Game and Fish Commission recently approved a lifetime hunting/fishing license for totally and permanently disabled Arkansas residents. Fees are the same as the annual resident fees. To request an application call: 1-223-6388 or write Arkansas Game and Fish Commission, Disabled Licenses, P.O. Box 23236, Little Rock, AR 72221.

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Medical Arts Bldg., Suite 207
1120 Marshall Street
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Teenage Girl Finds "Someone Special"

To be a teenage girl with a handicap can be very difficult sometimes. It is hard having a disability because people make fun of you, call you names, stare at you, and the guys can be afraid to ask you out because you are different and that scares them. If you like a guy and would like to date him, he may not want to date you. It is not always because he doesn't like you. He might like you, but is too afraid to ask you out. Some are afraid of the handicap because they don't understand it; some are scared of what "the guys" will say about him going with a person who is disabled in some way.

Then there are the guys that feel sorry for you since you might wear leg braces, use crutches, or use a wheelchair. They may think that you can't do anything for yourself and try to do it all for you. Some would even go to the bathroom for you if they could.

But one day there will be a special young man come into your life. He will look past your handicap and look at you as a person. He might even consider you as normal as everyone else. He won't be afraid of your disability or even feel sorry for you.

He knows that you are a person also, and that you will want to be treated as one. He will then in turn treat you as such. He will know that you have feelings and desires just like everyone else. When that special person comes into your life, it will feel wonderful. He will also know that you need someone to be close to and care for. He will be the kind of person that won't care what "the guys" say. He might even take up for you.

I am seventeen years old, a senior in high school, and I have a birth defect called spina bifida. I have personally experienced what I have written in the above paragraphs. I have now found someone who is exactly like I just described. Just remember, someday there will be a special person who will treat you as a person, and it will be a wonderful feeling and a great experience that you will remember for life.

Ginger Weston
10/6/89

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